



STRESS AND THE FAMILY

Dr. Jennifer Eastman
April 16th, 2019

SOMETHING YOU DON'T NEED TO BE TOLD...

Parents of children with Autism have significantly higher reported stress levels than parents of children without an Autism diagnosis



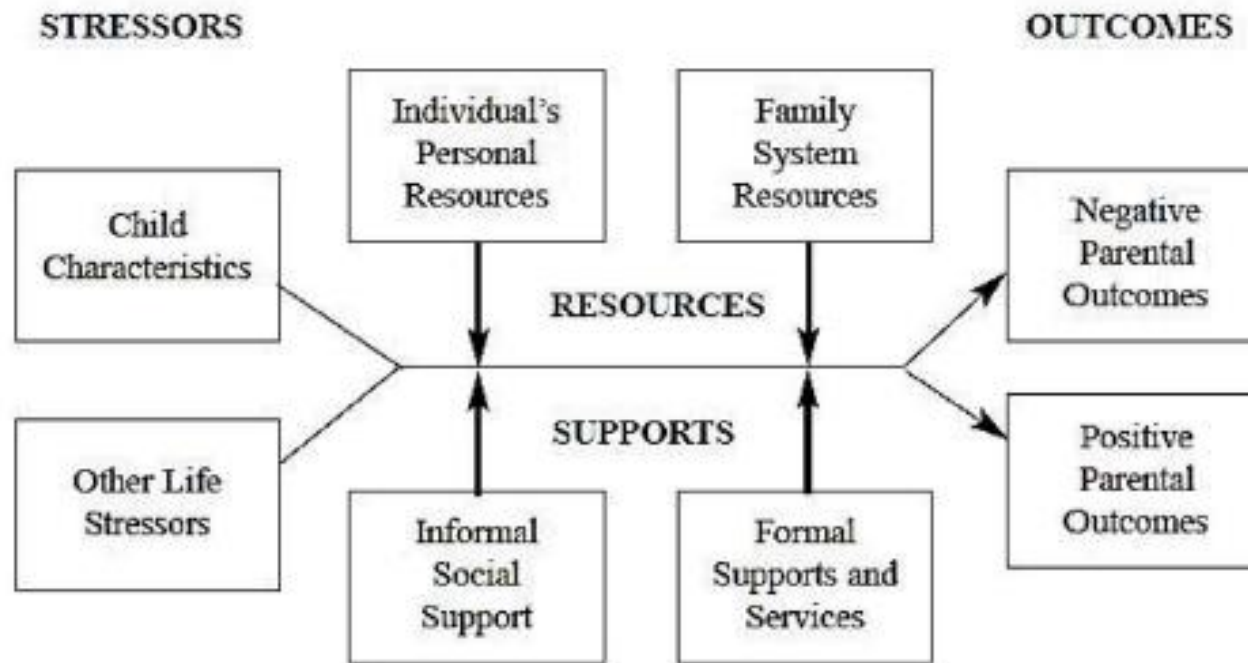


Figure 1.
Perry's stress model.

Perry A. A model of stress in families of children with developmental disabilities: Clinical and research applications. Journal on Developmental Disabilities. 2004; 11:1-16.

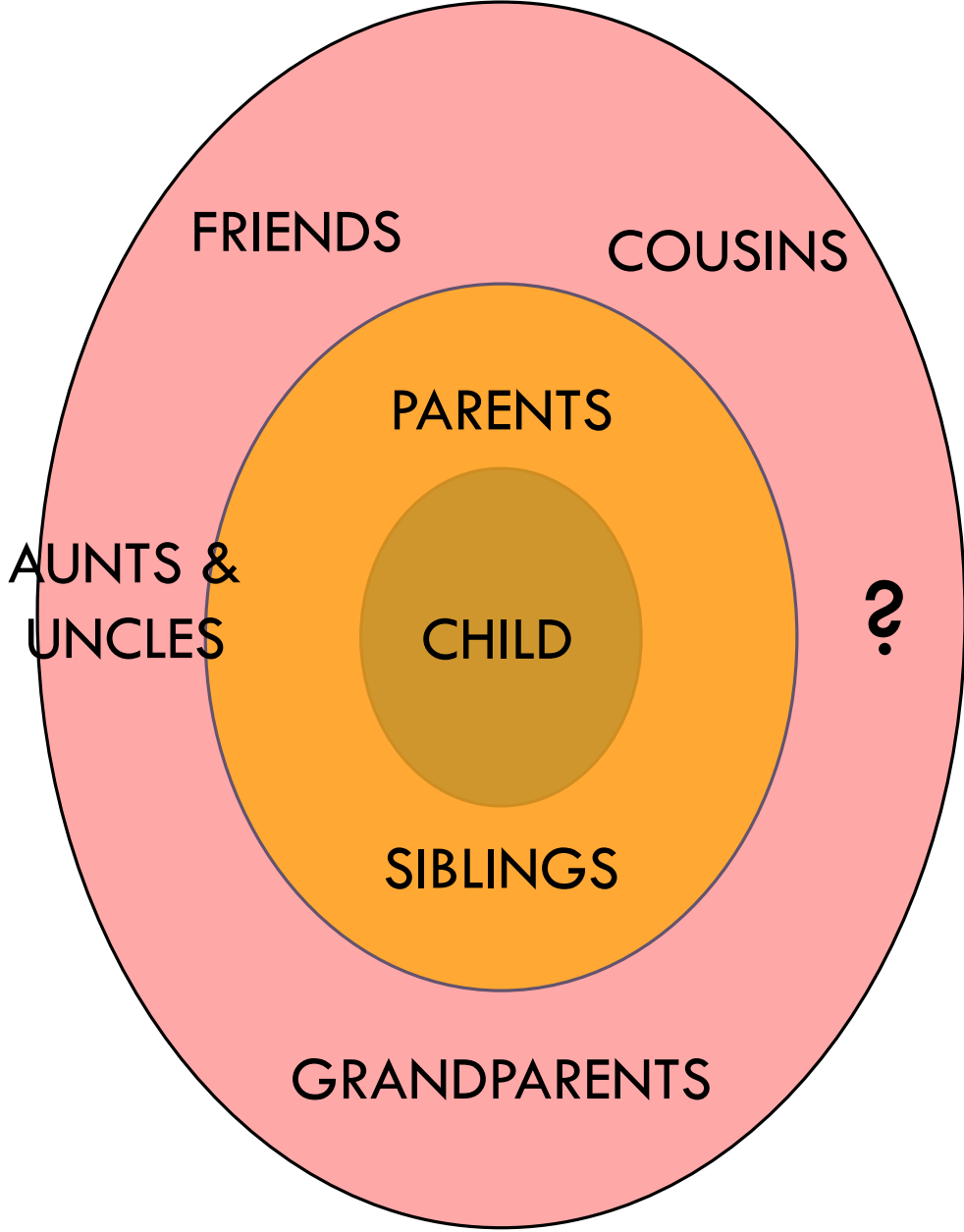
STRESS AND THE GROWING CHILD

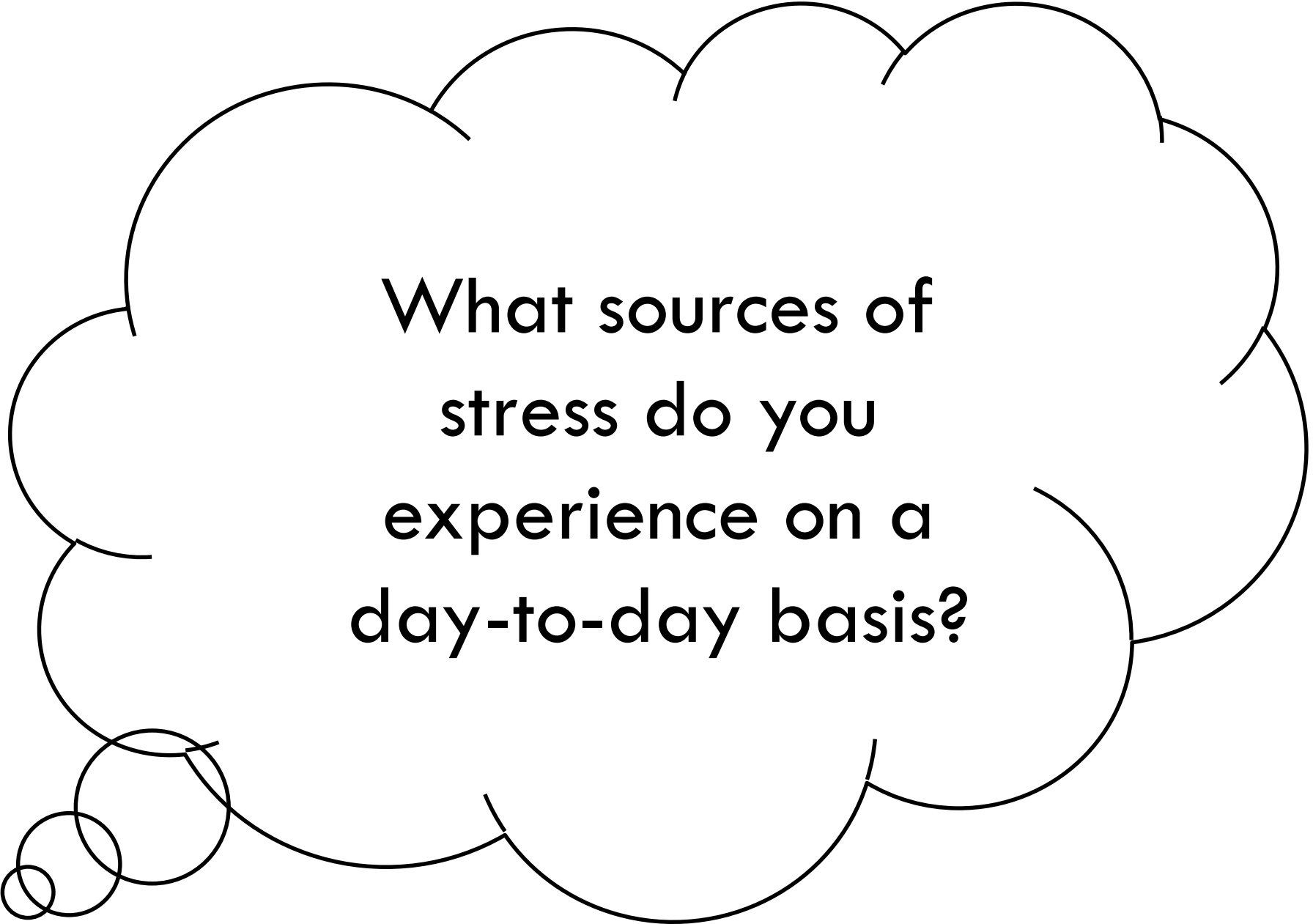
Sources of stress can change over the course of the Child's Life Span

- Initial Diagnosis
- Adjustments to School
- Adjustments to Increased Social Demands
- Puberty
- Graduation from School
- Growing Independence of Adulthood
- Work
- Etc...

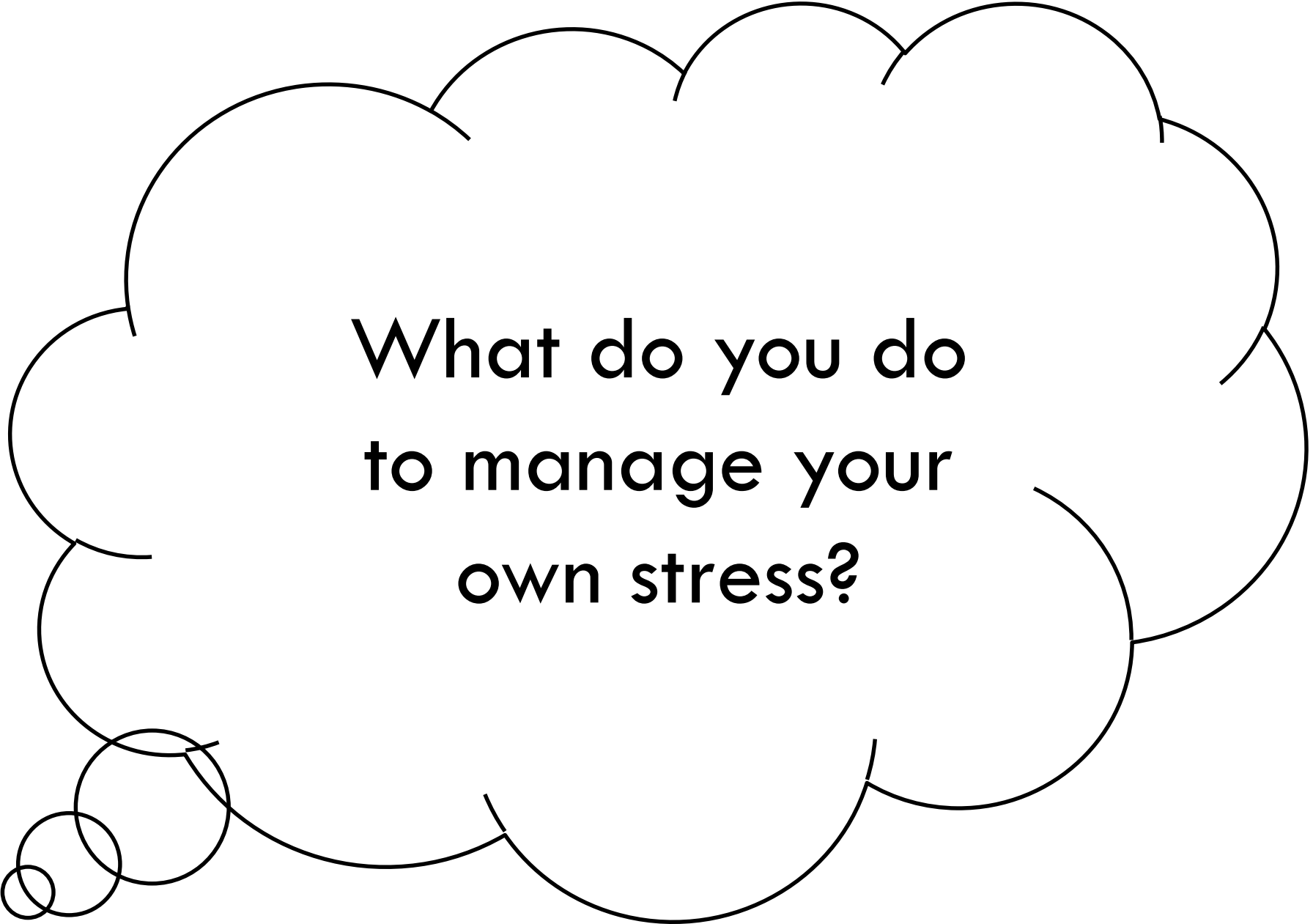


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**What sources of
stress do you
experience on a
day-to-day basis?**



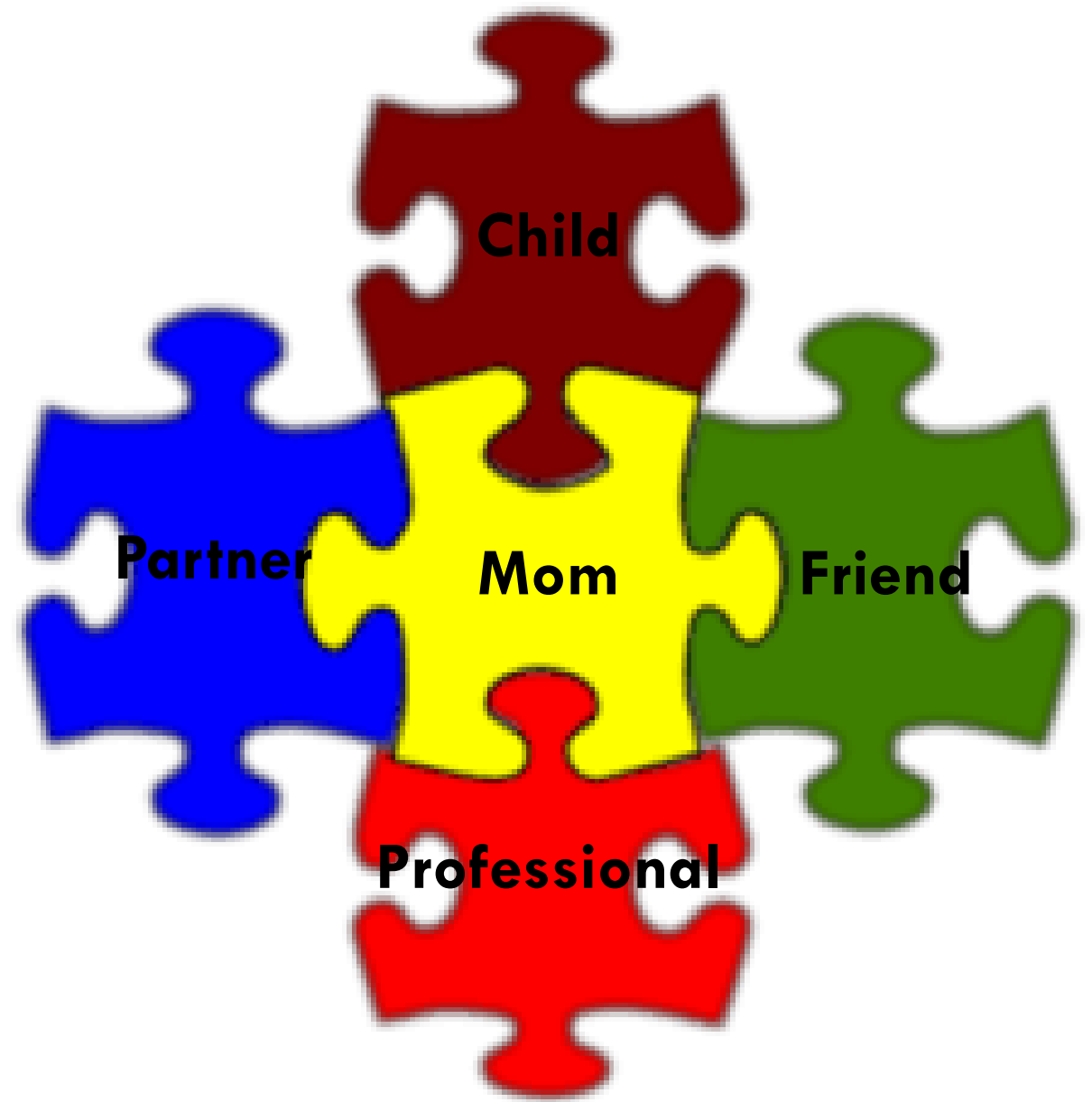
**What do you do
to manage your
own stress?**

STRESS MANAGEMENT APPROACHES

Problem-Focused
Coping

Emotion-Focused
Coping

**MAKE TIME TO BE
YOU**



TAKING CARE OF YOURSELF

- Physical Exercise
- Healthy Eating
- Social Support
- Mindfulness/Meditation
- Changing your perspective
- Diaphragmatic Breathing
- Guided Imagery
- Progressive Muscle Relaxation

TECH RESOURCES

- *Calm (Free with Trial)*
- *Headspace (Free with trial)*
- *The Mindfulness App (Free with trial)*
- *Any.Do (Free)*
- *Evernote*

COUNSELING RESOURCES

If you are interested in seeking private counseling for you or someone in your family, please contact me or your child's School Psychologist for a list of resources.

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thank you